

The Network News

A newsletter for the members of Metro Women's Network

Thursday, May 21

West End Architectural Salvage

22 SW 9th Street
Des Moines

Agenda

- 5:30 Social hour
- 6:00 Dinner
- 6:45 Business/announcements
- 7:00 Speaker

Menu - Country Club Market

by Member/Chef Terrie Kohl

- Cosmopolitan salad
- Italian focaccia bread
- Entree choices:
 - Provencal chicken breast with Herbes de Provence orzo **OR**
 - Vegetarian stuffed shells
- Greens with herbs, balsamic pecans, feta
- Strawberry creme brulee

Member Fee: \$25



Our Speaker

West End Architectural Salvage owner Don Short will share the story of his popular self-described “funk yard” with us. Over the years, Short has restored more than 27

houses in Marshalltown (his former hometown), including the 10,000-square-foot Willard Mansion, and Des Moines.

Today, Short shares one-of-a-kind finds from all over the world with Des Moines residents looking for treasures for their own homes in his downtown store, inspired by a wildly successful tag sale following the restoration of two homes on Grand Avenue. The four-story collection of furniture, architectural elements and unique odds and ends serves as a playground for shoppers and an unusual backdrop for special events held in the store and adjoining full-service coffee shop.

Short's passion is “saving pieces of the past.” West End's inventory comes from Chicago, New York, England, the Middle East and beyond, and Short is happy to offer great ideas to help you meet your own restoration challenges! For more information, go to www.westendarchsalvage.com.

Guest Policy

Invite and encourage your guests to join MWN today! Guests may attend two meetings in a 12-month period at the member rate of \$25. Any additional programs attended during that period will be \$35. Membership fees are pro-rated. Make new friends and build a strong professional network!

Save the Date!

June 18: Baratta's
July: No meeting.
Aug. 20: Graze
Sept. 17: Chicago Speakeasy





From Our President's Desk

I am bulging at the seams with pride and tremendously happy to share with you all that my youngest son, Mike, is the Pacific Fleet Sailor of the Year. It may not sound like a whole lot, but in his and my world, it's a very big deal. Out of 200,000+ Pacific Fleet/West coast sailors, it is a very big deal!!!! At the end of the month, he will go to Washington, D.C. for "THE SAILOR of the YEAR" competition for the entire U.S. Navy. Yes, I am so extremely PROUD!! Keep your fingers crossed!!

Now on with business... May has my vote for the most beautiful of the 12 months. Usually the snow and ice are gone and the hot temperatures haven't quite arrived. (We did however, experience that 86-degree day in late April.) The garden begins to sprout in May. The wildflowers are blooming, and the trees and grasses have turned green. Many birds have built their nests, and mother birds are sitting on their eggs. Personally, I love being woken up by the birds chirping and singing outside my open window.

Don't forget to invite your friends to come and join in on all the fun! See you all at West End Architectural Salvage on the 21st.

Mindi O'Kane



- Meg Husen May 1
- Ashlyn Beyer May 18
- Lindsey Calvert May 25
- Sus Sweitzer June 12
- Nichole VanHorn June 17
- Mindi O'Kane June 28
- Sharon Feeley June 29

2009 Steering Committee

- President:** Mindi O'Kane
- Vice President:** Becky Patton-Quigley
- Treasurer:** Sherri Johnson
- Secretary:** Didi Loynachan
- Programs:** Beth Grabau
- Past President:** Michelle Patrick
- Newsletter/Web Editor:** Pamela Henkel
- At-Large:** Teri White, Nichole VanHorn



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Steering Committee Minutes

The steering committee meeting was held at Wellman's Pub on May 7, 2009. Sherrie Johnson, Theresa White, Didi Loynachan, Beth Grabau,

Pamela Henkel, Nicole Van Horn, Mindi O'Kane and Lisa Christie attended.

President Mindi O'Kane called the meeting to order at 5:45.

Secretary

The minutes from the April meeting were reviewed. Theresa White motioned and Mindi O'Kane seconded to approve the minutes as published. The motion passed.

Treasurer

Sherri Johnson reported the checking account balance is \$1,820.18. The opportunity grants have not yet been paid. The current membership count is 45. She noted that our April speaker, Lisa Christie, receives a free membership but had already paid. It was decided to extend her membership one year. She asked that our cancellation policy be added to the Evites to minimize collections from those who cancel after meeting deadlines.

Programs

Beth Grabau reported that:

- The May meeting will be at West End Architectural Salvage at 9th and Mulberry. Terrie Kohl will cater.
- The June meeting is at Barrata's; there is no July meeting.
- If Graze cannot confirm that its group room will be finished in time for the August meeting, she will look for another location.
- The September meeting is at Chicago Speakeasy with State Representative Linda Upmeyer as speaker.
- October is the Woman of the Year meeting.
- It is difficult to get finer restaurants to provide menu options within the group's budget of \$25 per person. After much discussion, it was decided that Beth and Lisa will contact other restaurants to see if they can work with us and will report back to the committee.

In addition: Sponsored door prizes were discussed as a successful means for members to briefly introduce their businesses. In addition, a network table will be set up at each meeting so members can set out their business cards and brochures as another networking opportunity. Theresa White volunteered to send follow-up notes to guests after their first meeting. Lisa and Beth will create a survey to get members' thoughts on what are important components of meetings and menus.

Newsletter/Web Site

Pamela Henkel indicated she will be working on the newsletter on Sunday after receiving various components from committee members. It was decided that Nicole Van Horn would be featured in "Do You Know" and a new Golden Age Games flyer will be included. The May Evite is set to go out tonight [May 7].

Pamela provided information on the logo and indicated we have a one-time 25% discount that would be economical to order all supplies at one time. After discussion, Theresa White made a motion to purchase the electronic logo package, 500 business cards, 100 flat notes and 50 folded notes. It was seconded by Sherri Johnson and approved.

Old Business

None.

New Business

Didi Loynachan advised the committee it is time to start thinking about the Woman of the Year nominations and planning. Pamela Henkel will update the call for nominations and application for publication in the June newsletter.

The next steering committee meeting will be at Sbrocco, at 2nd and Court Avenues, at 5:30 p.m. June 4, 2009.

Mindi O'Kane motioned to adjourn the meeting at 6:47 p.m., seconded by Pamela Henkel. The motion was approved.

Minutes submitted by Didi Loynachan, secretary.



Do You Know ... Nichole VanHorn?

At-large Representative

Where were you raised?
Des Moines, Iowa, where I have remained all of my life.

Tell us about your family.

I am the oldest of three girls. I have two children:

a daughter, 6, and a son, 11. My husband and I have been married 17 years.

What is your primary occupation?

I am a clinical technical editor for Ingenix. I specialize in pediatric medical coding publications, which instruct physicians on billing.

What are your hobbies or personal interests?

My husband and I enjoy traveling; we recently took a cruise to the Caribbean. We also enjoy arena football and the Iowa Cubs.

Tell us something none of us would know about you.

I recently started taking dance lessons. I especially enjoy salsa.

What are you most proud of?

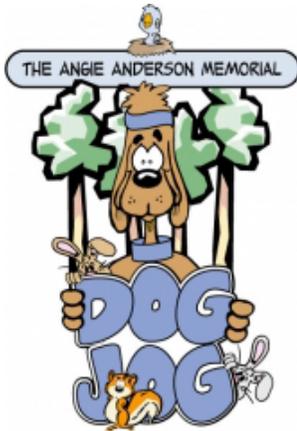
Being accomplished in my career. I am attempting things that I never thought I would, like writing a book.

What is your favorite thing to do in Des Moines?

The downtown farmers market. I love all of different types of vendors and the time I spend with my family when we go there.

What do you like most about MWN?

The opportunity to network with women of all professions.



The 2009 Angie Anderson Memorial Dog Jog will be Saturday, June 13 at Raccoon River Park in West Des Moines. Registration (\$10/person includes a bandana for each dog) will run from 7:15-9:15 a.m. The Dog Jog is a non-competitive "lap around the lake" to honor and remember Angie Anderson (a former MWN Woman of the Year). Angie, an influential volunteer and former board member of the Animal Rescue League of Iowa, started the Animal Assisted Therapy program at Iowa Health-Des Moines. Her passion for animals will always be remembered. All proceeds from this event will benefit the ARL. Join us for this incredible event to honor Angie and our best canine companions! All dogs participating must be current on their vaccinations (including rabies) and must be eight weeks of age or older. No female dogs in heat will be allowed. **New this year:** The ARL will host an annual Muttminster event from 10 a.m. - noon. Go to www.arl-iowa.org or call 515-473-9119 to learn more and register.

2009 Opportunity Grant Winners!

Congratulations to Opportunity Grant winners Connie Blodgett and Becky Patton-Quigley, winners of the 2009 Opportunity Grant! Connie and Becky will attend professional development seminars and speak about the presentations at future Metro Women's Network meetings.



ARBONNE
pure. safe. beneficial.



Spring into Arbonne with its fresh and pure skin and health care!

Host five guests this spring and receive 80% off your own order! Contact Beth Grabau at greta@isualum.com or at 515-993-3240.

Members: Place your free ad or announcement in the newsletter today! Just send it to joyfulwords@msn.com by the first Thursday of each month.

COUNTRY CLUB MARKET

CUSTOMIZED CATERING & CULINARY ARTS CLASSES

Chef Terrie Kohl, Instructor/Owner/Personal Chef

2624 NW 157th Street, Clive, IA 50325 - (515) 987-5957 - www.countryclubmkt.com

With the New Year upon us and our budgets stretched thin, there is a new wave of enthusiasm in the kitchen.

Eating in is the new dining out!

Why not come take a cooking class, learn new skills, recipes and have a good old-fashioned time? Bring old friends, make new ones and we'll bond as fellow foodies. Demonstration classes begin promptly at 6 p.m. until 8 p.m.-ish. \$40 cash or check required with reservation.

I hope to see you once or twice, maybe more in my passion for food!

Summer Lovin' on the Grill

Now scheduling private group sessions!

BY THE SEA GRILL

Tuesday, May 26, 2009

Plank Grilled Bourbon Peach Sea Scallops
Spring Herb and Blueberry Risotto

Crisp Greens with Seasonal Fruits in Mango-Basil Vin

Register by Saturday, May 23

FRESH IOWA GRILL

Wednesday, May 27, 2009

Grilled Chimichurri Pork Tenderloin
Greens with Herbs, Sherry Glazed Pecans and
Crumbled Feta with Mustard Shallot Vin
Strawberry Pound Cake on the Grill with More
Strawberries, Rhubarb and Mascarpone Cream

Register by Sunday, May 24

ENTERTAIN ON THE GRILL

Thursday, June 4, 2009

You Know It You Love It - Chicken Spedini
Chardonnay and Asiago Gnocchi
Blueberry Ricotta Crepe Cake

Register by Monday, June 1

EASY & CASUAL GRILL

Tuesday, June 9, 2009

London Broil with Bleu Cheese
Pear with Goat Cheese Bruschetta
Fresh Orange and Radish Salad

Register by Saturday, June 6

HAPPY FATHER'S DAY GRILL

Wednesday, June 10, 2009 - *Bring dad 1/2 price!*

Bleu Cheese and Toasted Walnut Stuffed Beef
Tournedo with a Merlot Mustard Sauce
Roasted Proscuitto-Asparagus with Pine Nuts & Parm
Chambord Raspberry Dark Chocolate Brulee

Register by Sunday, June 7

"STEAK" ON THE GRILL

Wednesday, June 17, 2009 - *Bring dad 1/2 price!*

Horseradish Bacon Burger with Bourbon BBQ
Mustard - It's the NEW Steak!
Grilled Italian Chez Russet & Sweet Potato Wedges
Dessert Shot Parfaits

Register by Sunday, June 14

WORLDLY GRILL

Tuesday, June 23, 2009

Fresh Grilled Nicoise Tuna
Warm Edamame and Black Rice Salad
Fresh Peaches, Mascarpone & Marsala with Amaretti

Register by Saturday, June 20

MEXI-4TH OF JULY GRILL

Thursday, June 25, 2009

Fish Tacos on Fry Bread with Shredded Cabbage,
Monterrey Cheese Sauce and Lime
Fresh Orange, Olive and Romaine Salad
Toasted Coconut and Honey Fried Ice Cream

Register by Monday, June 22

In rare instances I may need to cancel class; payment will be gladly refunded or transferred to another class.
Should you need to cancel, 72 hours is required to transfer or refund payment.

THE 24TH

National Veterans Golden Age Games

"CHAMPIONS IN THE HEARTLAND"



**Participate!
Spectate!
Volunteer!**



Military veterans age 55 or older who receive health care at any VA medical facility are eligible to compete in the National Veterans Golden Age Games.

EACH EVENT HAS SEVEN AGE CATEGORIES FOR PARTICIPATION

55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 & up.

VISUALLY IMPAIRED AND WHEELCHAIR DIVISIONS ALSO

WHERE: Des Moines, Iowa WHEN: May 25TH - June 1ST, 2010



Hosted by The VA Central Iowa Health Care System
For more information call **1-515-699-5737**
Or Visit www.veteransgoldenagegames.va.gov

